

## Health Education England - East of England Newsletter for SAS Doctors and MEMs – December 2020

### Introduction from Prof Shahid Khan, Associate Dean for SAS Doctors and LEDs

COVID-19 has been a catalyst for change in every walk of life and its impact is likely to be felt for years to come. Among others, the long-term effect of stress on health care workers is gradually surfacing. There is evidence for increased rates of PTSD and burnout in the medical workforce. Understandably peer support during these difficult times is important and everyone needs to reach out to colleagues who may be showing signs of vulnerability. Despite efforts, referrals to Professional Support & Welfare Services (PSW) for SAS & LEDs have been negligible and this may be due to lack of awareness. SAS / LED Tutors in Trusts will be able to help with referrals.

The course of events over the past few months have made us rethink the way education and training is delivered. There is more flexibility in the system and currently there are new avenues to explore. One such opportunity is Panopto/Bridge Fellows. HEE EoE are creating short-term Fellowships for blended learning parts of the Panopto project. The Fellows will be creating content and organising content into courses. There will be approximately 12 Fellows working 2 days a week across all specialities. SAS/LED are able to compete for these Fellowships and is an ideal opportunity for colleagues with interest in education to broaden their horizon. Look out for the advert in the near future.

Leadership Programme for SAS: An extensive three-day programme of Leadership has been planned in partnership with MIAD. The programme is focused on personal effectiveness, time & stress management, teamwork, business management & clinical governance.

The programme will start in February 2021 and the days will be spaced out over a six-week period. Places will be limited to 15 and there is likely to be tough competition for a place on the course. The dates for the programme will be advertised soon.

Two attached documents from the Academy of Medical Royal Colleges make important reading for everyone. They touch upon important areas for SAS doctors including better support for SAS doctors and recommendation to increase SAS involvement in research.



### Individual requests for funding

Many face-to-face training courses have been cancelled, and we therefore expect a decrease in individual funding requests. However, we would like to inform you that we are accepting individual funding requests as there may be some of you who are looking to complete online courses or re-certifications. Applications will be accepted up until **12:00 noon on 31<sup>st</sup> January 2021**.

For more information on how to apply for individual SAS development funding, [Please Click Here](#).



### Professional Support and Well-being Services (PSW)

The PSW recognises that the coming months are likely to be exceptionally challenging for all medical staff. HEE have therefore extended PSW services to include Consultants, Locally Employed Doctors, Staff Associate Specialists and Medical Training Initiative doctors as well as trainees.

If you wish to access psychological or other support for any reason, please email us on [COVID19-PSW.EoE@hee.nhs.uk](mailto:COVID19-PSW.EoE@hee.nhs.uk)



### Annual SAS Survey

As in previous years, HEE will be running the Annual SAS Survey. This is likely to be circulated towards the end of January 2021. The link will be shared with you via email, and we would like to encourage you to complete the survey to provide us with the information requested in order to shape our development opportunities for the year ahead.

If you have any questions, please feel free to contact the SAS Administrator using [sas.eoe@hee.nhs.uk](mailto:sas.eoe@hee.nhs.uk)

# DEVELOPMENT



## Development Days

A whole range of webinars are being made available to SAS Doctors in the coming months. Further details can be found on the [SAS Pages of the HEE, East of England website](#). Some topics include:

- Applying to the Specialist register using CESR
- Bullying and Harassment
- Stress and wellbeing (including resilience and managing conflict)

Webinar Title	Date	Time	How to book
Taking control of your career	20/01/2021	12:00 - 13:30	<a href="#">Click Here</a>
Wellbeing and Mental Health of Doctors	26/01/2021	10:00 - 12:30	<a href="#">Click Here</a>
Bullying and Harassment	26/01/2021	13:30 - 16:00	<a href="#">Click Here</a>
Conflict management	09/02/2020	10:00 - 11:30	<a href="#">Click Here</a>
Managing others in a climate of change	11/02/2021	12:00 - 13:30	<a href="#">Click Here</a>
Applying to the Specialist Register using CESR	23/02/2021	10:00 - 12:30	<a href="#">Click Here</a>
Medical Law and Ethics	23/02/2021	13:30 - 16:00	<a href="#">Click Here</a>
Creating and Delivering a Medical Presentation	09/03/2021	10:00 - 12:30	<a href="#">Click Here</a>
Difficult Conversations	09/03/2021	13:30 - 16:00	<a href="#">Click Here</a>
7 Habits of Effectiveness (Part 1-7)	11/03/2021	10:00 - 16:00	<a href="#">Click Here</a>
Bias in Educational and Clinical Supervision & Differential Attainment	23/03/2021	10:00 - 11:30	<a href="#">Click Here</a>
Time management for clinicians	30/03/2021	10:00 - 11:30	<a href="#">Click Here</a>
Building personal and team resilience in healthcare	05/05/2021	12:00 - 13:30	<a href="#">Click Here</a>
Taking control of your career	11/05/2020	12:00 - 13:30	<a href="#">Click Here</a>
Conflict management	15/06/2020	10:00 - 11:30	<a href="#">Click Here</a>
Time management for clinicians	29/06/2020	10:00 - 11:30	<a href="#">Click Here</a>

Bookings are now open. Please ensure that you register book a place for only the courses that you are able to attend. HEE will be monitoring attendance and non-attendance will be reported to your SAS Tutor and Medical Education Manager.

If you have any queries, please contact us at [sas.eoe@hee.nhs.uk](mailto:sas.eoe@hee.nhs.uk)

## SAS Leadership Programme with Miad

HEE is working with Miad Healthcare to arrange a leadership programme and have organised a three-day course which is now available to book:

Webinar Title	Date	Time	How to book
SAS Leadership Programme Facilitated by Miad Healthcare	16/02/2021	10:00 - 16:00	<a href="#">Click Here</a>
	02/03/2021		
	16/03/2021		

More information can be found on the [SAS Pages of the HEE, East of England website](#). Some topics include:

Please be aware that in order to complete the Leadership programme, you must attend all three dates. Failure to attend all three sessions will result in no certificate being issued.

We will be requesting feedback following this programme, and depending on the success of the sessions, we will look to make more dates available in 2021/2022.

# LEADERSHIP

